GRANDMA'S REMEDIES

Ginger & Moringa: the most Powerful Disease-Killing Combination

By bestfolkmedicine · 07/10/2018 · 3 min read



For a long period of time, moringa and ginger have been among the most frequently-used homemade remedies because of their unique healing properties. Moringa tree is native to Pakistan, Afghanistan, and India and its parts have long been used in Ayurvedic medicine. Nowadays, it popular throughout the world for the numerous health benefits it has to offer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

According to Ayurvedic medicine, moringa leaves can help with more than 300 health problems and they are abundant in important nutrients like vitamin C, vitamin A, potassium, and protein; they can also help elevate the energy levels. Let us learn more about why you need to incorporate moringa and ginger to

your daily diet and boost your overall health, as seen on King Demic.

The Best Health Benefits of Moringa Plant

1. **Alleviates headaches**

If you want to naturally treat headaches and migraine, opt for tea from moringa leaves.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

2. **Decreases arthritis pain and discomfort**

The anti-inflammatory characteristics of moringa leaves are great in helping you fight off arthritis inflammation and it will also supply the body with crucial nutrients like iron, potassium, magnesium, and copper.

3. **Balances the blood pressure**

Moringa leaves have components that can be of great aid in decreasing the blood pressure, which is great for people suffering from hypertension.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

4. **Lowers the chance for stomach ulcers**

Moringa leaves can be of great aid in decreasing acid reflux and reducing the chance for stomach ulcers.

5. **Maintains the health of the liver**

Moringa is known to help better the functioning of the liver, which can be very useful in managing liver illness.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

6. **Decreases bad cholesterol**

According to animal studies, Moringa plant was able to lower high levels of bad cholesterol.

7. **Beneficial for treatment of anemia**

The abundance of nutrients in Moringa will help you fight off and avert anemia.

The Health Advantages of Ginger

1. **Reduces nausea and dizziness**

Ginger can be helpful in treating nausea, dizziness, and motion sickness. Therefore, opt for some ginger 3 hours prior to riding in an airplane, boat, car, etc.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

2. **Decreases the risk of ulcers**

Since it possesses antibacterial properties, ginger will contribute to a more balanced juice production in the stomach and lower risk of ulcers.

3. **Great for pregnant women**

One tsp of dried ginger root mixed with a glass of water consumed several times per day can help you fight off pregnancy symptoms like sickness and dizziness. Do not prolong the treatment for more than 2 months.

4. **Lowers side-effects from meds**

A lot of people use ginger prior to having surgeries to avert the numerous dangerous side effects of the medications used during the procedure. Consult your physician prior to the surgery.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });

DIY Ginger & Moringa Remedy

You will need:

85 grams of ginger, fresh

10 moringa leaves

4 cups of water

A tsp of honey, organic

Preparation: First, rinse the ginger and then cut it into slices. Put them in the water and bring them to boil for 10 minutes. Then, turn off the heat and add the moringa leaves. Put the pot aside and

cover it. Wait for 5 minutes before you strain it. Add the sugar and mix well. Enjoy...

Source:

KING DEMIC

Read online: https://bestfolkmedicine.com/2018/10/ginger-moringa-powerful-disease-killing-combination/

Downloaded on 29/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.